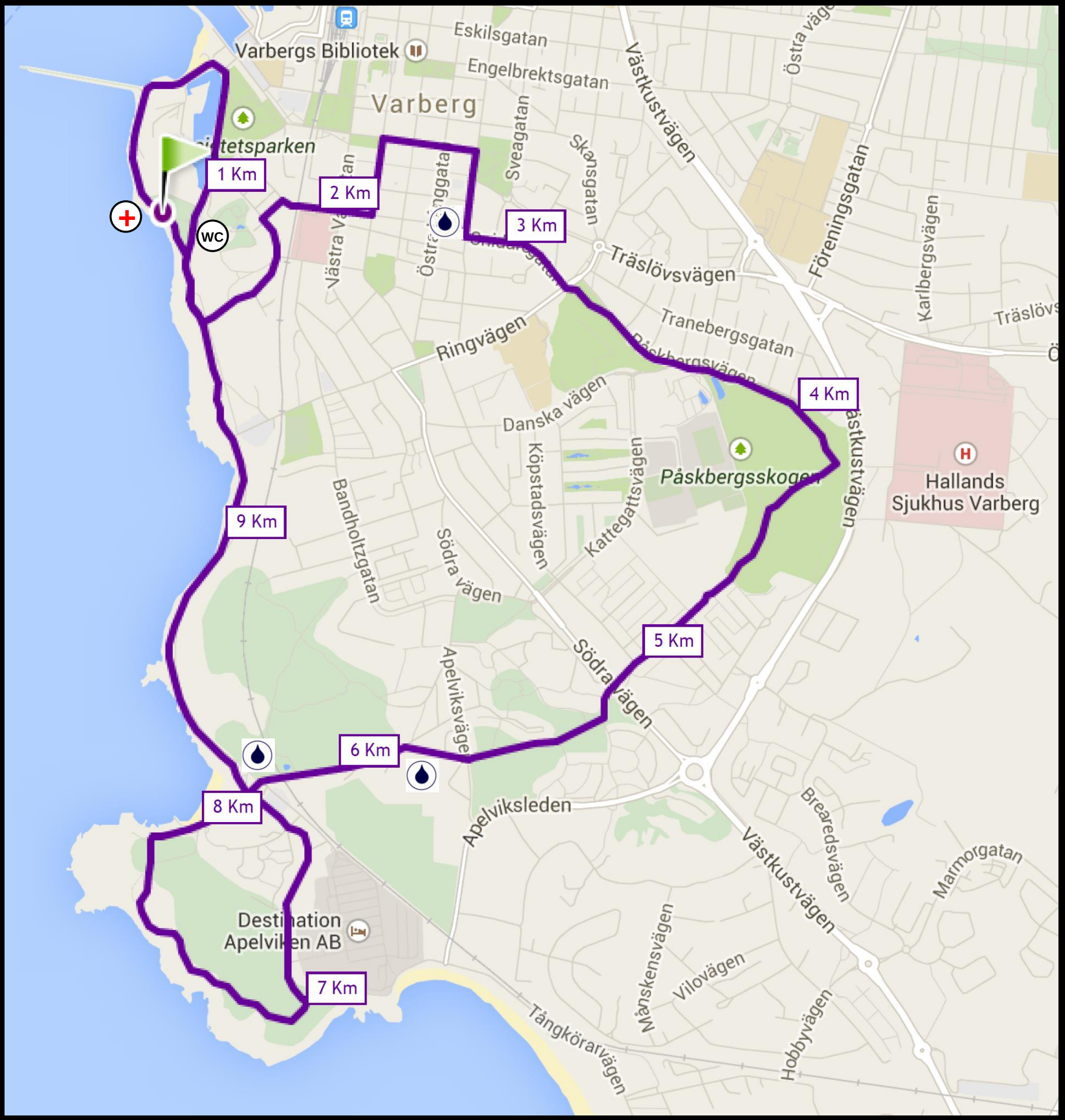BANSTRÄCKNING